

For ten years Mrs. Welch worked with her girls and then in 1883 she resigned and the work was continued by Emma P. Ewing, well known lecturer and writer on cookery. For five years she taught regular classes in the few rooms of South hall.

Then the position was again vacant, this time to be filled by Mrs. Elisa Owens, a slim dark woman with much talent and vision, began her campaign for enlargement immediately. Eventually she added to the cooking proper more dining room work and a course in house sanitation and personal hygiene. One of the deans urged that she put in millinery, but she replied that since the appropriation was not large enough to give her even one assistant she could not possibly include it. "This is really **Domestic Economy**," Mrs. Owens said "for I have \$300 to run us on this year." This was in 1893.

And would you believe that at about this time the boys became so interested that they actually tried to classify in some of the courses they were pleased to call "dough?" Since the removal of

the department to South hall their knowledge of the doings of the department had been seriously limited. They were obliged to keep on the sunny side of the senior girls in order to keep in touch with the work the "ladies' course" was doing. History tells us that they managed it somehow.

Again, expand your imagination and call on Prexy to ask if you and the "man" can walk to Ames to church this Sunday night. They did it—then. And would you believe it, they didn't always get back on time! Witness this outburst of a "noble senior" of the class of '94, composed involuntarily while returning to Old Main from church at Ames(?) one Sunday evening with a—a—companion:

Outburst

Light in the darkness, Sadie, day is at hand
But just beyond the Farmhouse there the building doth stand.
Short has seemed our journey, Sadie, the steps we'll soon ascend
But within the Old Main, Sadie, will that be the end?

Chorus:

Will that be the end, Sadie, will that be the end?
Will Prexy want to see us? Will you and I suspend?
Does the ray thru yonder lattice no evil portend?
When we say good night, Sadie, will that be the end?

Hold to my coat sleeve, Sadie, while yet you can,
The short remaining space too soon we will have spanned,
From some great dog, Sadie, with ease I'd you defend,
But if you run against a Prof., Sadie, will that be the end?

Chorus:

Put your hand in mine, Sadie, it seems to give me strength,
Trees and campus all so lonesome soon are passed at length.
Up the dark stairs, Sadie, we will soon ascend,
But sweat is on my brow, Sadie. Will that be the end?—L. C.

Extravagant Economies

By BLANCHE INGERSOLL, Assistant Professor of Household Science

A WOMAN on our street who "can't afford" to have her washing done, spends hours washing out a few things at a time at a considerable expenditure of energy. She could hire her washing done by the local "cull'ed lady" for one dollar, and with the same time and energy could save many dollars by making her little girl's dresses instead of buying them ready made. Thus her pet economy is in reality an extravagance.

Pet economies are funny things. A real economy in one family or one town may be sheer extravagance in another. It might be a good plan to look your pet economies in the face. Turn them around and view them from the rear. Punch them and knock the wind out of them. In short—find out whether they are real economies, or merely luxuries in disguise. And then keep everlastingly at it, for economies are changeable—they vary with the seasons.

For example: the first strawberries or green peas on the market are always a luxury, not only because they are expensive, but because they lack the flavor of the same foods in season. People who are accustomed to out of season strawberries, tire of them before the real season rolls around, hence they never buy them at their best and do not realize that they are cheating themselves out of a real delicacy.

On the other hand it is not always economy to wait until home grown things are on the market. People living on farms often feel that they cannot afford lettuce and spinach and tomatoes until they have them in their own gardens. Everyone needs the fresh green vegetables for a spring tonic in the early days of spring. Is it not much cheaper—to say nothing of being more agreeable to buy fresh green vegetables on the market than to pay a doctor to tell you to buy a tonic for that tired feeling?

Some economies have a way of changing character almost over night. An economy one day may be extravagance a few days afterwards. There is a definite time when old potatoes cease to be an economy and become an extravagance because of the amount of waste, and also because the flavor is so poor that no one wants to eat them. At the same time new potatoes—alho they may cost more per pound—are the best to buy because they have very little waste and everyone enjoys the new, fresh flavor.

Every housekeeper should do a little detective work and investigate the real character of her economies. The following lines of investigation might be suggested:

Do you economize by buying a large quantity of one variety of food, and then serve it so often that your family not only refuses that food but demands more expensive foods by way of reaction?

Do you buy inferior or small prunes because they are cheap and then wonder why your family begs for grapefruit? Try buying a good grade of 30-40 prunes and watch them disappear; 80-90 prunes are not cheap at any price if you throw part of them away and make your family hate prunes in the bargain.

Do you buy a cheap cut of round steak and then add butter and tomato and onion and flour and use a great deal of gas and time making a Swiss steak? Figure the cost of the finished product and see if a sirloin stew or top round would not be just as cheap in the end.

Do you buy "just a few chops for dinner" at 30 cents a pound without realizing that these same chops will cost all the way from 53 cents to 85 cents a pound by the time they are ready to serve, and the bone—at 30 cents a pound—is reposing in the garbage can?

Do you trade at a cash and carry store, saving 15 cents, with a cost of 10 cents

for car fare and a quarter to the girl who stays with the children while you are gone? It is always a good plan to select your own perishables and to get acquainted with the stores occasionally, but unless the store is just around the corner, very few women can afford to do all of their shopping in person.

This question of time is a most important one. Do you consider it worth your while to spend an hour or more making a freezer full of ice cream which will cost you only five or ten cents a quart less than the commercial ice cream—and perhaps not as good.

On the other hand it is not very much worth while to make potato chips at a total cost of 12 cents a pound, when the commercial product sells for 15 cents a bag or one dollar a pound—eight times as much as the homemade product?

Is it a waste of time to make brown sugar syrup at a cost of four or five cents a pint rather than to use the table syrup which sells for nearly 50 cents a pint? Give your family the two kinds at one time without telling them which is which and see if you don't get more votes for your own syrup.

Do you talk about the high cost of living and at the same time buy rolls which are twice as expensive as bread when you figure the cost per ounce?

Do you buy meat at an unsanitary market or milk at a questionable dairy just because their prices are lower, and then bemoan the fact that you have to spend so much for doctor bills because someone in the family "just isn't strong?"

Do you boast that you always use X-brand peaches when a second or even third grade would do just as well, and cost about half as much, when you are making a sherbet or gelatine dish?

Do you buy dried beef in a glass at \$1.28 a pound—2½ ounces for 20 cents—

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to be more difficult than you at first supposed.

"5. Try to make your will and the expression of it always the reflection of the everlasting right.

"6. Habitually connect some sort of pleasure with obedience and some sort of pain with disobedience."

I wonder if in conclusion I may suggest two or three books that will be very helpful along this line and also contain well-selected bibliographies which are very valuable:

"Child Study and Child Training," Forbush, (Scribners, Pub's.)

"The Boy Problem in the Home," Forbush (Pilgrim Press.)

"Girlhood and Character," Moxcey (Abingdon Press.)

"A Study of Child Nature," Elizabeth Harrison.

"Education by Plays and Games," Johnson.

These books should be in the hands of every parent and thoroly mastered.

Vacation First Aid

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cloth. Immobility of an injured part by means of splinting greatly decreases the pain caused by motion in carrying the individual.

Considering all the possible requirements for first aid it might seem that quite an equipment was essential but by careful choosing the necessities may be cut down to a fairly reasonable minimum. We can briefly summarize those which are needed and make a list as follows:

1. Aromatic spirits of ammonia.
2. Lime water or boric acid.
3. Carbolyzed vaseline.
4. Olive oil.
5. Tincture of iodine.
6. Two 2-in bandages.
- 1 1/2-in. bandages
- 1 small package sterile gauze
- 1 package cotton
- 1 card safety pins.

Various things as salt, baking soda and perhaps the olive oil may be secured from the cooking equipment.

Extravagant Economics

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or do you buy freshly sliced bulk dried beef at 60 cents a pound?

And finally, do you measure your economies by those of your next door neighbor, forgetting that no two families have the same needs? Buying in large quantities may be economy for a family of seven with a large basement store room, but would be most extravagant for a family of two living in a small apartment. The profits would go into the garage can in the form of spoiled food.

With your own eggs and milk a bread pudding may be a very cheap dish, but in a city with eggs and milk and gas at top prices, a plain bread pudding may become a very expensive luxury.

In other words, there is no set formula or rule by which economy may be judged. It is an individual problem to be solved by each family by the use of a little careful figuring and a whole lot of common sense.

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